



# 27 JUL 2016 Waterfront Meeting

|   | Speaker        | Topic                                 | Time |
|---|----------------|---------------------------------------|------|
| TYCOM                                   | HMCM Coleman   | Updates                               | 5    |
| MRD-SD                                  | Chief Borja    | SERP                                  | 5    |
| MRD-SD                                  | LCDR Gutweiler | PINC Clinic                           | 5    |
| NBHC 32 <sup>nd</sup> St.               | Dr. Toohey     | Internal Behavioral Health Consultant | 30   |
| Suitability Screening Center – NBHC NTC | LCDR Jing      | Overseas Screening                    | 45   |
| MRD-SD                                  | LT Hightower   | Updates                               | 5    |
|   |                |                                       |      |
|   |                | Total                                 | 95   |

# OPERATION PINC:

A Walk in Clinic for Birth Control

Process  
Improvement for  
Non-delayed  
Contraception

**WHO:** All women and adolescents (active duty & dependents)  
in need of birth control services

**WHAT:** **Same day services for:**

- Birth control pills prescriptions/refills
- IUD insertions
- Nexplanon
- Depo Provera
- Contraception counseling
- Emergency contraception/Plan B

First come, first served; waiting times will vary  
**NO APPOINTMENT NECESSARY, JUST COME ON IN!**

**WHERE:** Naval Medical Center, San Diego (Balboa)  
Department of Obstetrics and Gynecology  
Building 3, 1<sup>st</sup> floor  
Phone: (619) 532-7082

**WHEN:** Monday-Thursday 0830-1530  
Fridays 1300-1530



# Medical Readiness Division

MRD\_SD\_GMO@navy.mil

Office: (619) 556-5191

Clinic: (619) 556-8114

Bldg 116

San Diego, CA 92136



# Active Duty Clinic-Gen Surgery

No longer available!



# Upcoming Meetings

- **August 31<sup>st</sup> @ 1000-1200**
  - Health and Wellness
  - PINC (Birth Control) Clinic
- **September 28<sup>th</sup> @ 1000-1200**
  - GERD

# **Internal Behavioral Health Consultant**

**Michael Toohey, Psy.D.**

IBHC/Psychologist

Naval Branch Health Clinic, Naval Base (Bldg 3300)

Naval Medical Center San Diego (NMCSD)

Consult: NAVSTA IBHC

Walkin Hours: M-F 1030-1130 & 1230-1330

Will assess patients for risk level, help with stress management

Will not see patients for post-discharge MH f/u, will not see high risk patients,  
no fitness for duty, and no weapons handling.

**☎: (619) 556-8088 direct line**

**(619) 556-8546 Cindy Kelly appts**

**(619) 556-8101 Mr. Brown appts (early AUG)**

<http://www.med.navy.mil/sites/nmcscd/Pages/Patients/SuitabilityScreeningCenter.aspx>

**Phone: 619-524-0562**

**Office: 619-524-6561**

Ling Jing, D.O., M.P.H.

LCDR MC USN

Division Officer

Suitability Screening Center

Naval Branch Health Clinic - NTC

2051 Cushing Road

San Diego, CA 92106

Email: [ling.jing.mil@mail.mil](mailto:ling.jing.mil@mail.mil)

# NMCSD Suitability Screening Center – located at NTC

**Suitability Screening Center  
Naval Branch Health Clinic NTC  
2051 Cushing Road  
San Diego, CA 92106  
Phone: (619) 524-0562  
Messaging center phone: (619) 524-0229**

**HM1 Katharine Santos & HM2 Chadwick Cox**

Suitability Screening Center LPO & ALPO  
Email: [katharine.v.santos.mil@mail.mil](mailto:katharine.v.santos.mil@mail.mil)  
Email: [chadwick.l.cox2.mil@mail.mil](mailto:chadwick.l.cox2.mil@mail.mil)  
Phone: 619-524-4397

**HMC Andrew Blalock**

SEL of NTC  
Email: [andrew.l.blalock2.mil@mail.mil](mailto:andrew.l.blalock2.mil@mail.mil)  
Phone: 619-524-0103



# Overseas Suitability Screening

Website: <http://www.med.navy.mil/sites/nmcscd/Pages/Patients/SuitabilityScreeningCenter.aspx>

Google “NTC Suitability Screening” – it’s the 1st search result.

**BUMED INSTRUCTION 1300.2A**

**MILPERSMAN 1300-302 SUITABILITY AND SELECTION FOR OVERSEAS SERVICE**

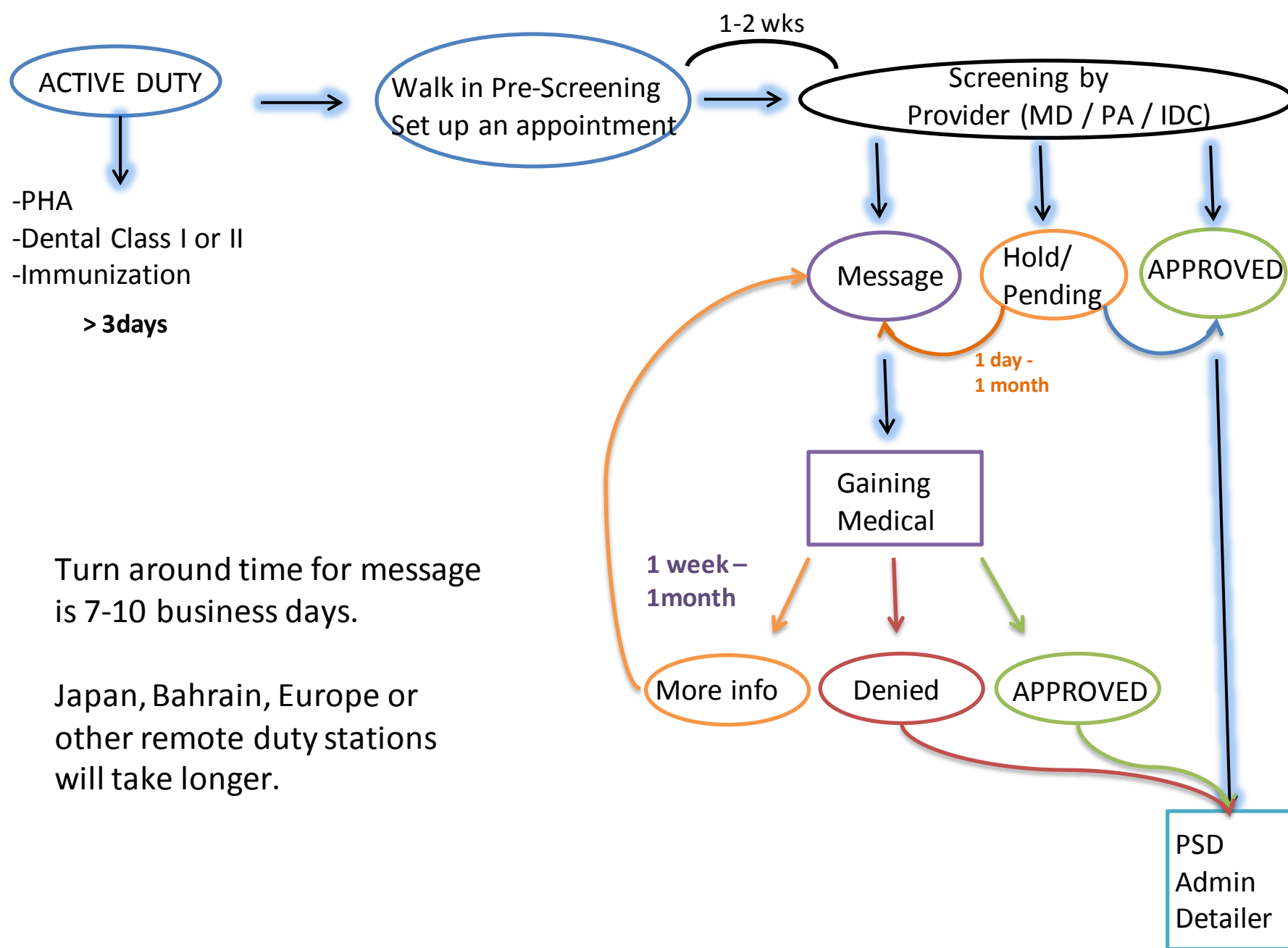
**MILPERSMAN 1300-306 EARLY RETURN/REASSIGNMENT DUE TO UNSUITABILITY**

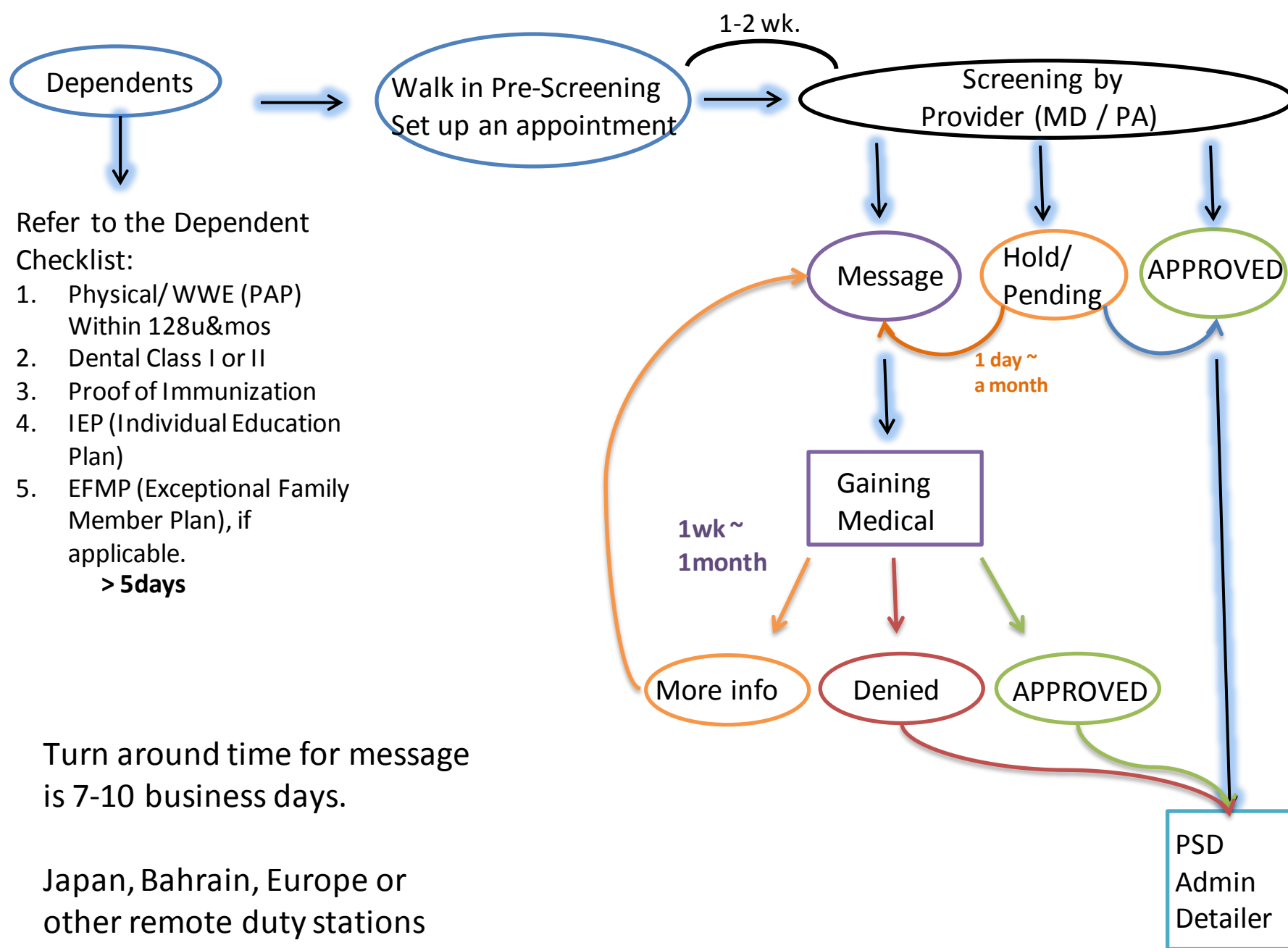
**MILPERSMAN 1300-800 TRANSFER OF PERSONNEL TO OPERATIONAL DUTY (OPERATIONAL SCREENING)**

**MILPERSMAN 1306-801 ENLISTED ASSIGNMENT SCREENING**

## **Required Forms:**

1. **NAVMED 1300/1** (Part I and Part II - Medical & Dental Suitability Screening for Service and Family Members) – Part II must be completed with a current Dental Class and Signed by a Dental provider.
2. **DD FORM 2807-1** (Report of Medical History, to be completed by the member)
3. **NAPERS 1300/16 - PAGE 3**
4. **DD FORM 2792-1** (Special Education/Early Intervention Summary Form - must be signed by school/school district official) - required for all dependents ages 3-21 going to an OCONUS location.





**ACTIVE DUTY -  
PRESCREENING**

NAVMED 1300/1  
DENTAL SIGNED OFF  
MUST BE CLASS 1 OR 2.

DD 2807-1  
FILL IT OUT COMPLETELY.

MEDICAL RECORD.  
NAVPERS 1300/16.  
LOI/ORDERS.

**BARNEY STYLE**



**DEPENDENT FORMS  
SAME AS ACTIVE DUTY!  
ALSO INCLUDED**



FULL PHYSICAL.  
FOR ALL MEMBERS  
(NOT A “CLINICAL  
SUMMARY”)

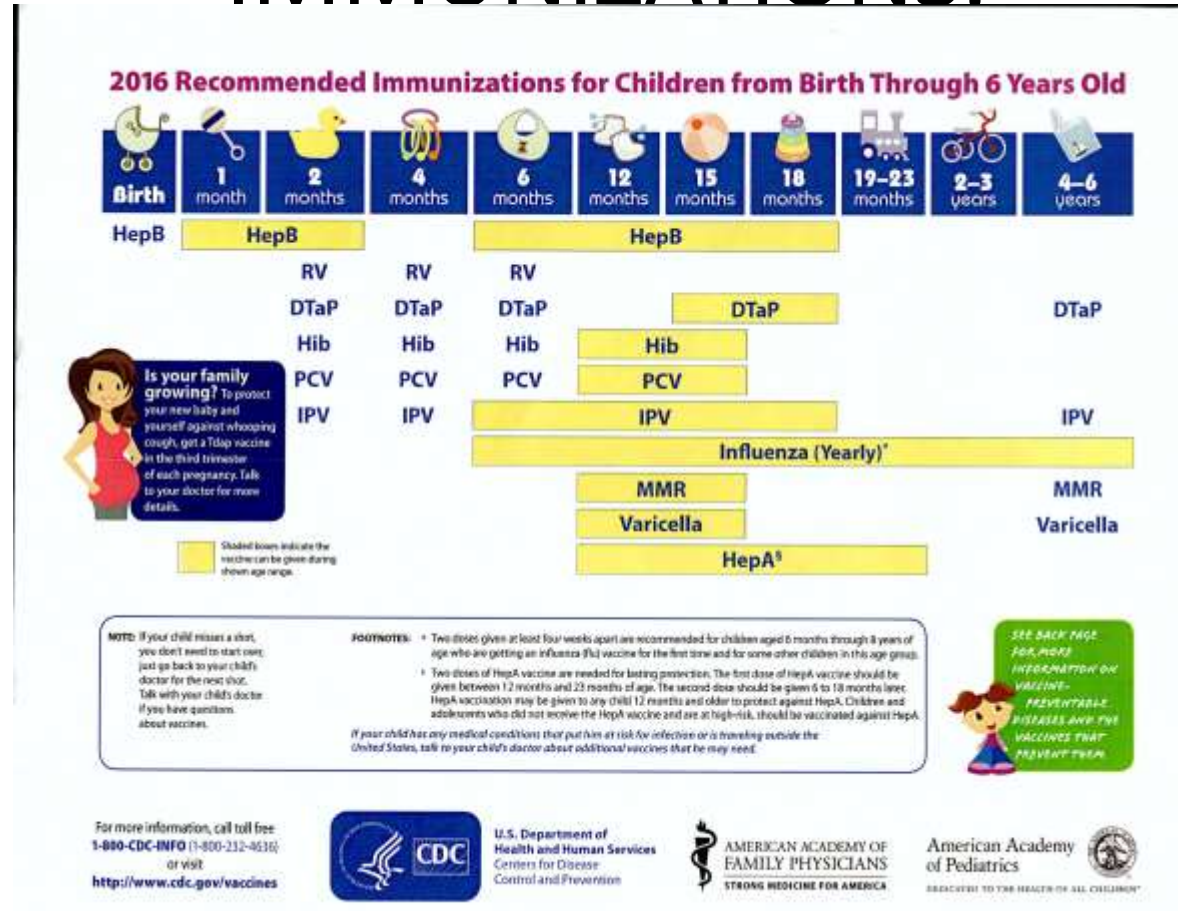
DD FORM 2792  
FAMILY MEMBER  
MEDICAL SUMMARY  
(EFMP)  
IF NEEDED.



IMMUNIZATION  
RECORDS (IF NOT  
AVAILABLE, TITERS WILL  
BE NEEDED).  
FOR ALL MEMBERS

DD FORM 2792-1  
(SPECIAL  
EDUCATION/EARLY  
INTERVENTION  
SUMMARY) AGE 3-21

# IMMUNIZATIONS.



DEPENDENT ADULT IMMUNIZATIONS NEEDED  
(if no documentation of immunization, please refer to  
checklist for titers):

HEP A&B, MMR, VARICELLA, POLIO, & TDAP

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Naval Branch Health Clinic NTC  
2051 Cushing Road  
San Diego, CA 92106  
Phone: (619) 524-0562  
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**HM1 Katharine Santos & HM2 Chadwick Cox**

Suitability Screening Center LPO & ALPO

Email: [katharine.v.santos.mil@mail.mil](mailto:katharine.v.santos.mil@mail.mil)

Email: [chadwick.l.cox2.mil@mail.mil](mailto:chadwick.l.cox2.mil@mail.mil)

Phone: 619-524-4397

**HMC Andrew Blalock**

SEL of NTC

Email: [andrew.l.blalock2.mil@mail.mil](mailto:andrew.l.blalock2.mil@mail.mil)

Phone: 619-524-0103

# Fleet Mental Health

CDR S. King Hollis, PMHNP

Mental Health Fleet Liaison

Contact: 619-556-8090

Consult Liaison CL: 619-384-7280



# Common Support Directorate (CSD)

- <https://cpf.portal.navy.mil/sites/cnsp/Readiness/Support>



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